

Online Yoga Workshop Commemorating International Yoga Day 2020: A Report

21st June is celebrated as International Yoga Day throughout the world. Last year on this day (that is on 21st June, 2019) a yoga workshop was organized in the department, which was attended by whole department including faculty members, non-teaching staff, research scholars and students. However, this year due to the COVID-19 pandemic and lockdown, organizing a physical yoga workshop was not possible. Yet, in order to carry on this tradition of celebrating the Yoga Day, an online yoga training workshop was organized on 21th June 2020 for faculty members and research scholars.

The online workshop was arranged by Dr. Avitholi Zhimo and moderated by Dr. K. N. Saraswathy. The workshop was instructed by a renounced and experienced Yoga practitioner Mrs. Asha Garcha. Mrs. Garcha is a trained Yoga instructor. She completed her yoga certification from Pantanjali in year 2005. She has also obtained Yoga certification from Aayush Ministry under Pradhan Mantri Kushal Koshal Yogana. She has been taking yoga classes in DU stadium between 1 to 2 PM and lots of people suffering from various diseases have been benefited by her yoga sessions.



Pic 1: Dr. Avitholi Zhimo Pame, Dr. K. N. Saraswathy and Dr. R. P. Mitra (left to right)

Online workshop began at 11 AM with an opening statement by Dr. Saraswathy. She, then, invited Prof. P.C. Joshi, HOD - Anthropology Department, for his remarks. Prof Joshi talked about the eight limbs of Yoga (Ashtanga Yoga), importance of Yoga in daily life as well as during special circumstances with reference to health. After that he welcomed the yoga trainer Mrs. Garcha and also acknowledged her service to the University.

With a very brief description of Yoga and its importance, Mrs. Gurcha began with the Yoga training. The yoga class started with simple Asanas for stretching which included Tarasan, Ardh Chandrasan, Trikonasan, Halasan. All the faculty members of the department including the Head of the Department and some research scholars performed the exhibited Asanas, from their respective places.

Stretching Asanas were followed by small exercises like pumping, shaking and shuttering. Later all the attendees followed the instructor in performing Pranayama, i.e. breathing exercises, like Bhastrik (long Breathing), Kapalbhathi, 3 stages of Anulom Vilom, Ujjari, Bhrahmari and Ohm recitation. Yoga practice continued for around 45 minutes. The class concluded Yoga Nidra practice, which involves calming the body and mind leading to complete internal peace.



Pic 2: Ms. Monica Kulshreshtha, Prof. P. C. Joshi, Dr. Chakraverti Mahajan (left to right) performing Pranayama

After the class, Prof. Joshi in his concluding remark thanked the instructor for the informative productive class. He also praised the smooth conduction of the workshop. Finally DR. Mitra proposed vote of thanks, which marked the conclusion of the workshop at 12:05 pm. The workshop continued for nearly 1 hour and was attended by 40 people in total.



Pic 3: Faculty members and research scholars attending the Online Yoga Workshop